

186th Air Refueling Wing
Mississippi Air National Guard
6225 M Street
Meridian, MS 39307-7112

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Know someone interested in joining the Mississippi Air National Guard?

Get their name and phone number or give them the number of our Recruiting Office.

1-800-354-9892 (601) 484-9787 / 788 or visit us on the internet www.goang.com

Help keep the MS ANG strong and a vital part of our Nation's Defense



BASE LEGAL OFFICE Ext: 49311

Staff:

- Maj Steve Pittman
- Capt Melissa Brady, Deputy Staff Judge Advocate
- MSgt Scott McGee, Paralegal

Services Provided:

- Wills
- Powers of Attorney
- Legal Assistance

Available to all National Guard, Reserve and Active Duty personnel. Also includes Active Duty and AGR dependents and retirees.

UPCOMING DRILL DATES

MARCH

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Have some news? Please notify Major Bradley Crawford at 484.9803 if YOU have any newsworthy happenings in your section. Retirements ... promotions ... weekend deployments ... new personnel ... special projects ... etc., that are of interest to members of the unit. These are the types of events that we want to publicize in the *Jet Blast* and local news media. Please be sure to include the author's name on public affairs articles.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Jet Blast* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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Bradley J. Crawford, Major—Editor

Jet Blast

Erik Hearon, Colonel—Commander

Jet Blast

186th Air Refueling Wing

Why Do We Serve?

All of us balance the demands of military service with our obligations to family, civilian employment, school, friends, vacation time, etc.,

to the extent each activity applies.

Many of us enjoy the benefits offered by our military service, such as the pay, deploying to help

meet the nation's security needs, Montgomery GI Bill, State Education Assistance, travel, being a part of something much larger than any of us, camaraderie, opportunities to demonstrate leadership, and training in areas that help or even enable our civilian employment.

Whether every one of us had a strong patriotic feeling when we joined, I certainly hope that patriotism was or has become, and is now, a strong motivator for our continued service. Our military community letting

down the country would be catastrophic, but of course I do not anticipate that that will ever happen. Such an event will not occur as long as every one of us and hundreds of thousands of others like us at other bases remain dedicated to the common and greater good of preserving our nation.

As Major General Harold Cross, the Adjutant General (TAG), said to mourners recently in Meridian, our military protects our rights and privileges as citizens—the rights of speech, assembly and proper legal proceedings, the freedoms of religion and the press and many other aspects of our life. The country benefits from our military's service every time we attend the religious events of our choice, read a newspaper, listen to or participate in

Continued Inside



Col Erik Hearon
Wing Commander



Photo by SMSgt Rick Davis

VOLUME X: NUMBER III • MARCH 2005

Inside this Issue

- 1
Commander's Comments
- 2
Regarding Education
- 3
Pay Dates
Promotions
- 4-5
TRICARE Dental Program
- 6
Chaplain's Column
- 7
Aircraft 1446 Overhaul
- 8-9
Black History Banquet
- 10
Diversity Council
Congratulations MSgt Neal
- 11
Bulletin Board
- 12
Information Assurance
Freedom Award Nominations
Note of Thanks
- 13
Wellness, Weight & Nutrition
- 14
Air Guard Opportunities
NCO Association News
- 15
Maintenance News
- 16
Calendar

Commander's Comments (Cont.)

political discussions and innumerable other daily activities.

Part of our obligation as members of the military is to be trained, medically and physically prepared and able to perform our job when the nation needs us. An Expeditionary Operational Readiness Inspection (EORI) demonstrates to us and leaders at many levels our state of preparedness. Our EORI has been moved from Jul 06 to Jan 06 and our focus will be on fully preparing for a demonstration of how capable, qualified and excellent our unit is. Other training will still have to be accomplished in addition to EORI preparation but the priority will be the EORI, including the Gulfport CRTC in June and Volk Field in late October.

Thank you to the numerous people who made the Black History Month dinner and program such a resounding success. Those who attended, including many spouses, thoroughly enjoyed the occasion.

REGARDING EDUCATION

CCAF Transcripts Options

Community College of the Air Force students/prior students now have another transcript ordering option available through Credentials Inc. that allows them to order transcripts online or by telephone from anywhere in the world. The online system is available 24 hours a day. An overnight shipping option is available. A slight handling charge (starting at \$2) is assessed based on the total dollar amount of the order. Users must have a valid credit card and email or fax number. You can reach Credentials at 1-800-646-1858 or 1-847-446-1027 or www.degreechk.com.

Montgomery G.I. Bill Benefits

If you're taking classes and using the MGIB, don't forget to mark your calendar for the last day of each month that you attended class and verify your enrollment. Verification can be done by using the Web Automated Verification of Enrollment application on line or by calling 1.877.823.2378. For the most current MGIB information, go to www.gibill.va.gov.

Maintenance News

Change is in the Air!

On 04 Feb 05, Maintenance co-workers honored SMS Garry Moore (Accessories) and MSG Steve Krase (Elect/Env) with a Retirement Reception to commemorate their combined 63 + years of service. Best Wishes for many days of "redirected" activities!



Let us Introduce . . .

Kristopher Fugitt has been a member of the 186th ARW for 7 years. A graduate of West Lauderdale High School, Kris is from Collinsville. He has worked in Base Supply, CE Supply, Accounting/Finance, and as a Security Augmentee. Since October 2002, he has been employed as a technician in Maintenance in Quality Assurance in the Technical Order Distribution Office. Kris loves all sports and is a big MSU fan. Another important part of his life is his black Jeep Wrangler.



Financial Assistance for Families of Deployed Personnel

Legislation is pending and is expected to pass to provide financial assistance for unexpected emergencies for families of deployed military members. MS lawmakers are fast-tracking a bill to establish a fund for military families who face financial problems because a loved one has been called up for active duty. This fund will be set up in the State Treasurer's office. Maj Gen Harold Cross, State Adjutant General, will make rules to determine how families will receive grants.

Donations will be accepted from individuals and soon Mississippians could check a box on their income tax forms to donate part of their refund to the military families' fund.

Billeting Information:

Maintenance Billeting Request Forms must be turned in to the Maintenance Orderly Room at least 5 days prior to the date needed. If less than 5 days, the request letter must go through Col Hearon. Services normally handles 300+ monthly requests, so it is imperative that timely requests be made.

Hotel	* Contract Rates	** Government Rates
Best Western	\$35	\$48
Baymont	\$35.95	\$48.50
Howard Johnson's	\$40	\$48
EconoLodge	\$34.95	\$48

* Contract Rates: Reservations are made by Services for UTAs and AT.

**Government Rates: You make your own reservations for AT only; \$55 plus tax is allowed per diem. Other: Each hotel allots a certain number of rooms for Guard billeting. Late arrivals should contact the hotel to insure room is held.

Remember to come to the Maintenance Orderly Room between 0900 hours and 0930 hours on Saturday of drill to pick up your Billeting Assignment. Cancellations must be made before 1100 hours! Please help us help you!

Air Guard Opportunities

TECHNICIAN VACANCY ANNOUNCEMENTS

Currently, there is a vacancy in the Communications Flight for an Information Technology Specialist. This position is located in the Informations Systems Branch, Communications Division, Support Directorate, of the 186 ARW. The primary duties are to serve as the Base Information Assurance Manager and focal point for Information Warfare and all telecommunications and computer security related functions at Flying Wing, Tenants and geographically separated units (GSUs) if assigned. The position establishes base policy, manages, operates, and maintains the Computer Security (COMPUSEC), Emissions Security (EMSEC), Security Awareness Training and Education (SATE), and the Multi-level Security (MLS) systems. In addition, this position serves as Base Communications Security (COMSEC) Manager and manages the Air Force Electronic Key Management System (AFEKMS), in units where a COMSEC account is assigned.

This position is advertised as Federal Technician and Active Guard Reserve with minimum grade - E1 and maximum grade - E7. The Air Force Speciality Code (AFSC) is 3C0XX or 3C3XX

The following additional jobs are currently open or will be announced soon at Key Field

TACTICAL AIR CONTROL PARTY FLIGHT COMMANDER GS-12

SUPERVISOR CIVIL ENGINEER GS-13

INFORMATION TECHNOLOGY SPECIALIST(INFOSEC) GS-11

AIRCRAFT MECHANIC LEADER WL-10

AIRCRAFT MECHANIC WG-10

AIRCRAFT MECHANIC WS-12

For more information contact SMSgt Clarissa Green at 484.9229, or check your section Bulletin Board.

PART TIME ENGINEERING OPENING

Are you an Engineer (or soon-to-be) with a BS degree any of the following: Architecture, Civil, Electrical, Mechanical, or Structural engineering looking for adventure? If so, the 186th Civil Engineer Squadron is the place you should be looking. There is an immediate opening for one officer within the Squadron. If you are interested and either are eligible for a commission or are currently a Second Lieutenant, please submit a resume no later than 23 March 2005 to Lt Col David M. Kennard. If you have questions, he can be contacted at Ext. 4-9548

PAY DATES FOR MARCH DUTY

The schedule below shows dates you can expect to receive pay for duty performed during March 2005. For example, if you should perform duty on 02 March, you can expect to be paid on 11 March if the form is received in Military Pay NLT 1200 on 02 Mar 2005.

Run Date	Pay Date
02 Mar 2005	11 Mar 2005
06 Mar 2005	15 Mar 2005
09 Mar 2005	18 Mar 2005
14 Mar 2005	23 Mar 2005
16 Mar 2005	25 Mar 2005
18 Mar 2005	30 Mar 2005
22 Mar 2005	01 Apr 2005
28 Mar 2005	06 Apr 2005
30 Mar 2005	08 Apr 2005

Unit Training Assembly performed on 05– 06 Mar 2005 should pay on 18 Mar 05.

Military Pay Notice

If your marital status changes (ie. You just got married, divorced, or you are a single person that just had a child), then please come by Military Pay to fill out a new AF Form 594. Please bring proper documentation (ie. Marriage License, Divorce Papers, and/or Birth Certificate).

If you need your “My Pay” pin number reset for your military pay account, contact MSgt Wimberly (4-9779) or TSgt Clayton (4-9781). This can be accomplished within a matter of minutes and you will not have to wait on it to be mailed to you.

Also, if you change your direct deposit or address in “My Pay”, be aware that Travel Pay is not on-line with the “My Pay” website. We have a memorandum form that you will need to get from the Military Pay office and turn in to Travel Pay.

Attn: AGR’s and Drill Status Guardsmen (DSG’s)

All military members will now have to retrieve their Leave and Earning Statements off of My Pay. This also will include your W-2’s. You may have noticed you are not receiving LES’s in the mail anymore. This is due in part to the government trying to go to a paper less society and it also saves postage. If you need access to My Pay, call MSgt Wimberly or TSgt Clayton.

Temporary Technician Position

Any enlisted member that might be interested in working a “temporary” technician position in military pay and/or travel pay should contact Lt Col Victor Threat at extension 484-9812 or e-mail him at victor.threatt@msmeri.ang.af.mil

Promotions

CMSgt

Michael D. Smith 186 MOF

MSgt

Christopher L. Guyse 186 MXG

TSgt

Glen A. Barlow 153 ARS
Raymond E. Clemons 186 MXS
Teresa W. Cooksey 186 AGS

SRA

Judson M. Gibson 186 SFS
Elihu J. Lowery III 186 SFS
Donald J. Norman 186 SF
Drew A. Spann 186 SFS
Michael A. Uhl 186 SF

Re-take of the ASVAB:

The ASVAB will be given Monday, 14 March 2005. The test will only be given one time a month. To schedule the re-take, please contact SMSgt Goodin at 484-9272.

NCO Association Update ...

The local NCO association will hold their annual meeting 5 March @ 1000 in the Aircrew Briefing Room Bldg 308. Officers will be elected. Everyone is invited to attend.

A member in the 248th who is deployed has asked for our help with Operation Crayon. The Chaplin's office and volunteers on the base are passing out crayons to the local children. If you would like to donate crayons (small

packs) or money to help with this project, bring the crayons or donation to roll call Saturday morning and give them to the NCO representative or your 1st Sgt.

The State NCO Conference will be 15 - 17 April at the Ramada Convention Center in Tupelo, MS. If you would like more information see your NCO representative or you can call MSgt Bill Stephens @ 49237.

If you would like to order a golf shirt

with the wing emblem, call or email TSgt Meek 49372 or Paula.Meek@msmeri.ang.af.mil

We would like to express our sincere thanks and gratitude to MSgt Angie Baughman who has served as secretary/treasury for the past 4 years. She has a new job at State Headquarters. We wish you well.

TRICARE Dental Program

The TRICARE Dental Program (TDP) was implemented on Feb. 1, 2001. The TDP is a voluntary dental insurance program that is available to eligible Active Duty family members, Select Reserve and Individual Ready Reserve (IRR) members, and their eligible family members. Retirees and their eligible family members can enroll in the TRICARE Retiree Dental Program (TRDP) which is a premium based program (see TRICARE Retiree Dental Program fact sheet or visit www.trdp.org).

TDP Dental Coverage:

The TDP provides 100 percent coverage for diagnostic, emergency, and preventive services, with the exception of sealants. Sealants are covered at the 80 percent level with a 20 percent cost share paid by the beneficiary.

The TDP also covers the following services with a member cost share: fillings, root canals, crowns, extractions, orthodontics, periodontics, among other services. The benefit package includes general anesthesia coverage at a cost share when provided in connection with a covered benefit. Dentists or other professional providers must be licensed and approved to provide anesthesia in the state where the service is rendered.

Maximum annual benefit coverage is \$1,200 for all routine dental care. The maximum lifetime orthodontic benefit coverage is \$1,500.

Enlisted members in pay grades E-1 to E-4 have reduced cost shares for certain procedures.

Complete benefits and cost share percentages are available at www.ucci.com

Eligibility:

Family members of all active duty uniformed services members, Select Reserve (SELRES) and Individual Ready Reserve (IRR) members and/or their families may enroll in the TDP. Sponsors must have at least 12 months remaining of their service commitments at the time they or their families enroll. The 12-month enrollment commitment is waived for families of Reservists called to active duty for certain contingency

operations if they apply for TDP within 30 days of entry on active duty.

Eligibility is determined based on the service member's military personnel information residing in the Defense Enrollment Eligibility Reporting System (DEERS). The uniformed services personnel office reports the information to DEERS.

Active duty personnel are not eligible for the TDP. They receive dental care from military dental treatment facilities. Reservists who are ordered to active duty for a period of more than 30 consecutive days have the same dental coverage as active duty service members.

Additional information pertaining to reservists and their families can be found in the Medical and Dental Care for Reserve Component Members and their Families fax sheet, www.tricare.osd.mil/Factsheets.

Former spouses, parents, parents-in-law, disabled veterans, foreign military personnel and Uniformed Services retirees and their families are not eligible for the TDP.

Enrollment:

Enrollment in the TDP is handled by United Concordia Companies Inc. (UCCI), the TDP contract administrator. Enrollment/Change applications are available by calling UCCI at 1-888-622-2256. Online enrollment is available at www.ucci.com.

The enrollment application must be received by UCCI not later than the 20th day of the month for coverage to begin on the first day of the next month. If UCCI receives the application after the 20th day of the month, coverage may not begin until the first day of the second month. Incorrect eligibility information in DEERS will cause applications to be denied. Enrollment options are available at www.ucci.com

Once enrolled, members must stay in the TDP for at least 12 months (with certain exceptions, such as loss of DEERS eligibility because of divorce, marriage of a

Important Information on Wellness, Nutrition and Weight Management

Tobacco Facts on Health and Wellness

Cigarette smoking causes heart disease, stroke, chronic lung disease and cancers of the lung, mouth, pharynx, esophagus and bladder.

Tobacco use contributes to decreased physical fitness, both performance and endurance. Economic impact of Cardiovascular Disease on the Health Care System was estimated to be \$351 billion in 2003.

Cigarette companies spend more than \$ 9.5 billion each year to promote their products. 13.2 million people in the United States have Coronary Heart Disease.

Lifetime risk for CHD is 50% for men and 33% for women.

Physical Activity

Physical inactivity and poor diet together account for at least 400,000 deaths annually in the United States.

Maximum Heart Rate Formula is 220 minus Age (years). Example 220 minus 45 = 185 (MHR) Exercise in 60-85% range to improve aerobics and lose weight.

Increased Physical Activity-Improves Blood pressure, decreases body fat, increases HDL, decreases LDL, reduces stress, reduces risk of Type II Diabetes

Nutrition

Protein 10-20 % Carbs 50-70% Fat 20-30%
3500 Calories = 1 lb. fat

Must decrease intake 250 calories and increase activity 250 calories a day for 7 days to lose 1 pound

Fat supplies	9 calories/gram
Protein supplies	4 calories/gram
Carbohydrates supply	4 calories/gram

Avoid diets-Research shows that 50% of dieters regain weight within 2 years. Lifestyle change, exercise and nutrition strategies are needed for permanent results.

Weight Management

First assess body fat composition using waist circumference or skin calipers

A waist circumference greater than 40 inches for males or greater than 35 in females is considered high risk by the American Heart Association.

Decrease - food portion size, calories, sweets and saturated fat.

Increase - water consumption, exercise

1999-2000 64% of Adults 20-74 are overweight. Obesity contributes to increased health consequences and decreased life expectancy.

2005 UTA, AT, ORI Schedule

08 Jan – 09 Jan 05

05 Feb – 06 Feb 05

05 Mar – 06 Mar 05

02 Apr – 03 Apr 05

30 Apr – 01 May 05

04 Jun – 05 Jun 05

11 Jun - 18 Jun 05 (AT)

09 Jul – 10 Jul 05

06 Aug – 07 Aug 05

10 Sep – 11 Sep 05

01 Oct – 02 Oct 05

05 Nov 12 Nov 05 (ORI)

03 Dec – 04 Dec 05

Information Assurance

Due to the metrics collected which indicate about 30% of network incidents result from poor practices that could have been avoided if our people were properly trained, it is imperative that we provide our personnel with timely and relevant training.

This training should be easily documented for reporting accuracy to the Air Force. Thus, all Air Force personnel, contractors, and users of the Air Force network, will be required to take and document annual Information (IA) training each fiscal year.

Currently, 186th Air Refueling

Wing has established 1 May 2005 as the deadline for personnel to accomplish this annual requirement. Information Assurance Managers within each section are monitoring the progress and serve as initial points of contact. As stated earlier, this training must be accomplished each fiscal year which starts 1 Oct and ends 30 Sep.

At this time personnel that have failed to accomplish this training will be removed from the local network. In regards to documentation, a certificate of completion for the current fiscal year should be filed in each section/squadron with the IA

Manager; 186th Information Assurance Branch; and Mobility Folder to verify network access on deployments.

The computer-based training (CBT) mechanism for Network User Licensing was established under AFI 33-115V2 and is the primary means for IA training and documentation purposes. As stated earlier, the training provided via CBT will be mandatory for everyone using the Air Force network. Presently, there has been a link via Intranet page that will access the CBT mechanism.

Freedom Award Nominations

The nomination period for the 2005 Secretary of Defense Employer Support Freedom Awards is now open!

The Freedom Award recognizes employers who provide exceptional support to their employees who voluntarily serve the nation in the National Guard and Reserve. The award is the highest in a series of ESGR awards that include the Patriot Award, the Above and Beyond Award, and the Pro Patria Award.

The categories for the Freedom Award include:

- Major Corporations (100 or more employees),
- Small Corporations (less than 100 employees), and
- Public Sector (federal, city, state, municipalities, police and fire departments, or any entity funded by tax dollars).

To nominate an employer for this award, go to the ESGR web site at www.esgr.mil.

A Note of Thanks

My fellow Airmen thank you for supporting our recent Black History Banquet. Your support meant a lot to me and, I believe, the Key Field African-American community. You've shown in a tangible way that each member of the Key Field team is important. It's that sense of importance that will keep us leading the way in General James' vision of True North. Thanks again for making me proud to be a member of the Key Field team.

THEODORE V. REYNOLDS, Lt Col, MS ANG
248 ATCS, Commander

child, etc.). After 12 months, enrollment continues on a month-to-month basis. The sponsor must contact UCCI to disenroll from the TDP.

The first month's premium is due upon enrollment. The premium amount is shown on the enrollment form. After the first month, monthly premiums may be paid by payroll allotment or, in some cases, may be billed directly to the member by UCCI.

Costs to the Beneficiary:

Beneficiary Category Costs

Feb 1, 2005-Jan 31, 2006

Active duty family members and family members of Select Reserve and Individual Ready Reserve (IRR) (special mobilization category) sponsors on active duty orders for more than 30 days

Single enrollment, \$9.32

Family enrollment, \$23.31

Select Reserve or Individual Ready Reserve (IRR) (special mobilization category) sponsor

Single enrollment, \$9.32

Family members of Selected Reserve or IRR (special mobilization category) sponsors not on orders for more than 30 days IRR (other than special mobilization category) sponsors and their family members

Single enrollment, \$23.31

Family enrollment, \$58.27

TDP Survivor Benefit:

When a military sponsor dies while on active duty or active Guard and Reserve orders for a period of more than 30 days, surviving family members enrolled in the TDP will continue to receive TDP benefits for three years from the month following the sponsor's death. This TDP survivor benefit also applies to enrolled family members of Select Reserve and Individual Ready Reserve (early mobilization only) sponsors who die while in Selected Reserve and Individual Ready Reserve (early mobilization only) status, regardless of whether the sponsor was on active duty orders or enrolled in the TDP at the time of his/her death.

Under this survivor program, the government will pay 100 percent of the premium for three years from the

month following the sponsor's death.

The requirement to be enrolled in the TDP at the time of the sponsor's death is waived in certain limited circumstances where the surviving family was previously enrolled in the TDP, but disenrolled due to transfer to a duty station where dental care was provided to the member's eligible family members under a program other than the TDP.

At the time of death, the sponsor (and the enrolled family members) will be disenrolled and the TDP contractor will notify the survivors of this disenrollment and the terms of the TDP survivor benefit. The contractor will re-enroll the previously enrolled family members under the terms of the TDP survivor benefit and will bill the government for 100 percent of the TDP premium. Contractual lock-in and lock-out provisions are not applicable to the TDP survivor benefit. The contractor tracks the three year TDP survivor benefit period and disenrolls the family members accordingly. Prior to disenrollment, the contractor will notify the family members of coverage termination. Once the three year TDP survivor benefit ends, family members may be eligible for the TRDP, administered by Delta Dental.

For more information about the TDP, beneficiaries may access the benefit handbook online at www.ucci.com or by calling toll-free 1-800-866-8499, 24 hours a day. Members residing outside the continental U.S. (OCONUS) should call 1-888-418-0466 (toll-free). This number is available in the following countries: Australia, Bahrain, Belgium, Bolivia, Colombia, Egypt, Germany, Greece, Iceland, Italy, Japan, Netherlands, Norway, Panama, Portugal, Saudi Arabia, South Korea, Spain, Switzerland, Turkey and the United Kingdom. At all other locations, members should call 1-717-975-5017. Representatives are available to assist members in English, German and Italian 24 hours a day, Monday through Friday.

CHAPLAIN'S COLUMN

One of the best things about the South is our speech and colloquialisms. I grew up hearing things like, "That man is as crazy as home-made sin," and "Y'all set here a while. I'm fixin' to go to the store, but I'll be back directly." I know that Jeff Foxworthy says that when people hear us talk like this they want to automatically deduct from our intelligence fifty IQ points, but we all know that's "a bunch of hooley!"

When I was younger and would get in a "pickle" about something, my Grandmother would say "You made your bed, now sleep in it." That was usually when I had made a promise or a commitment to do something, and had trouble following through. Recently I watched a re-run of the movie "Jerry Maguire." I had only seen bits and pieces before, but I sat and watched it this time. While the movie is funny in a lot of places (and unbelievably "corny" in some as well. Remember the lines, "You complete me," and "You had me at hello"? Whoever wrote those lines should be fined), it does portray something we have all experienced: we make a commitment to do something, or to make some changes, but actually living out these commitments can be really hard.

If the statistics are right, virtually all of us who made New Year's resolutions have-by now- seriously violated them or abandoned them

"God will give us the strength to persevere because He is one who never goes back on His word."

altogether. Its no secret of marketing, for example, that "Bowflex" saturates every channel with its ads right after Thanksgiving, and through the first three months of the year. Don't believe me? I'll bet every one of you has seen the "ripped" (my wife says "surgically altered") 50-year old grandmother commercial more than once. And to add insult to injury, we still have to pay for the thing we bought because we financed it! Thank goodness for EBay!

But resolutions to lose weight, tighten thighs, and eliminate the "dunlap" syndrome are all relatively minor compared to other commitments we have made. Some of us promised to love our families better, and to spend more time with them. Perhaps we resolved to be more committed to our faith. Maybe we promised ourselves that we would quit a habit that we know will negatively impact our health if we don't change. And we did all of this with the best of intentions, but somehow "life" got in the way. We made our bed, but now we're struggling to sleep in it.

I think part of the reason we have trouble is because most of us make resolutions only at the New Year, and we experience "resolution overload." So here's my suggestion: back up and take a good look at your life, and build change through stages. Almost nothing happens overnight, so tackle one thing at a time and stay committed. Organize your priorities and put first things first. Perseverance is not easy, but it does pay off in the end.

If you have seen Jerry Maguire you know that at the end he comes full-circle with the "mission statement" that he wrote at the beginning; his perseverance paid off. It was hard, but when all was said and done his prosperity was greater because he lived out his promise to change. The Bible is replete with statements to let your "yes be yes" and your "no be no". If that's the way God wants us to be, then He will give us the strength to persevere because He is one who never goes back on His word.

So be encouraged! Tomorrow is a new day. And tell your Mom an' 'em I said hello.

Chaplain Fields

Jet Blast Bulletin Board

Upcoming Events and Items of Interest

Case Lot Sale – Don' Miss It

The NAS Meridian Commissary has scheduled it's next Case Lot Sale for March 17-19. A variety of products will be sold in bulk at great prices.

For more information call the commissary at 601.679.2554.

Employer Support of the Guard and Reserve Lunch

Meridian area ESGR representatives will sponsor a lunch and information program for employers in April. Approximately 25 employers will be treated to lunch while learning how they can help employees during deployments and with other issued related to employing members of the Guard or Reserve forces. To nominate your employer or for more information contact; Maj Brad Crawford at 484.9803 or bradley.crawford@msmeri.af.mil

Family Readiness Group to Meet

Key Field Family Readiness Group will meet 1 March 2005 at 6:00pm in the Base Dining Facility. We will finalize plans for the Easter Party which will be held 5 March at Planet Playground in Meridian. Please see this edition of the Jet Blast for more information concerning the party or call Connie Myers at 601.484.9623.

The East Gate is Open

The East Gate (POL) is open for incoming traffic on UTA's. It is open on Saturdays for incoming traffic from 0730-0830 and on Sundays 0600-0700.

Annual Key Field Easter Party

March 5, 2005

2:00 - 4:00 p.m.

Planet Playground

Northeast Sports Complex on Highway 39 North

For More Information

Please Call

Connie Myers (601) 484.9623

Free Tickets!!!

Busch Gardens and Sea World Tickets . . .

. . . for military personnel and three direct dependents – available until Dec 05. For more information: www.buschgardens.com.

BASE SPEED LIMIT 15 MPH

Entering & Exiting Gates 5 MPH Parking Lots 5 MPH

Need to access your email account when away from Key Field ?

<https://mail.msmeri.af.mil>

Answer to Can You Guess the Year:
The Year Was 1984.

186 ARW Diversity Council

Col Franklin Chalk	186 OPS
Lt Col Theodore Reynolds	248 ATCS
Capt Laura Achter	186 MEO
1Lt Cynthia Smith	153ARS
CMSgt Gerald Goodin	186 Command Chief
SMSgt Lynn Barlow	Wing HRA, Council Chair
SMSgt Lindsey Keene	Diamond Council President
MSgt Bruce Gustafson	248 ATCS
TSgt Mary Sanders	186 MXS
TSgt Jimmy Ivey	186 MEO
TSgt Carolyn Parker	186 MXS, Council Secretary
TSgt Paula Meek	186 LRS
TSgt Jimmy Copeland	238 ASOS
TSgt Catherine Wilson	186 MDS
SSgt Randy Anderson	186 CES
A1C John Linton	186 SVF
A1C Aaron Salanguit	186 SFS
Mrs. Connie Myers	186 Family Readiness

This Council is for everyone's benefit.

Anyone seeking sponsorship for events/recognition programs, please contact SMSgt Barlow, 4-9276.

Congratulations to Master Sergeant J. W. Neal Upon his Retirement

MSgt J.W. Neal retired from the 186 ARW in February after serving 37 years and ten months in the unit. MSgt Neal joined the 186 Tactical Reconnaissance Group in March 1964 after graduating from DeKalb High School in 1963 and attended basic training at Lackland AFB, Texas and Technical School at Chanute AFB, Illinois where he trained for seven months to be a special vehicle repairman in the motorpool. In August of 1965 he married Olga Howard and they had three sons including one, Scott, who has been in the unit since 1986. We wish MSgt Neal well in his retirement.



MSgt J.W. Neal receives retirement recognition from Lt Col Donald Jackson.

Aircraft 1446 Overhaul & Maintenance

Colonels Hearon and Wilson pose with Aircraft #1446 at Tinker AFB, OK in February. The aircraft, shown with no paint, engines, wing tips, etc., is in the first month of a five month Programmed Depot Maintenance stay at Tinker AFB where it is undergoing extensive repair, overhaul, and maintenance.



Can You Guess The Year?

- *Beverly Hills Cop*, *Footloose*, *Ghostbusters*, and *Gremlins* are the top movies of the year.
- Indira Gandhi is killed by two of her bodyguards.
- Poisonous gas escapes the Union Carbide plant in Bhopal, India, killing 2,000 and causing long term health issues for over 200,000 people.
- AIDS breaks out in the U.S. with 7,000 reported cases.
- Ronald Reagan defeats Walter Mondale in the U.S. presidential election, and John Turner becomes Canada's 17th prime minister.
- Michael Jackson is burned while filming a Pepsi commercial.
- Both the Winter and the Summer Olympics are held. The Winter Olym-pics take place in Sarajevo,

Yugoslavia, and the Summer Olympics in Los Angeles, California.

- McDonald's founder Ray Kroc, photographer Ansel Adams, and actor/comedian Andy Kaufman die.

Also in this year:

The last Volkswagen Rabbit is produced; Madonna first sings "Holiday" on *American Bandstand*; *Miami Vice* and *The Cosby Show* premiere; Archbishop Desmond Tutu receives the Nobel Peace Prize; Joe Kittinger completes 1st solo balloon crossing of the Atlantic Ocean; the first Apple Macintosh computer goes on sale; and McDonald's makes its 50 billionth hamburger.

Answer is on page 11

Black History Banquet

On the evening of 5 Feb 05 the maroon and white of Mississippi State University welcomed the blue of the Mississippi Air National Guard to its Meridian campus. It was on that date that Key Field held its annual celebration of Black history month. The evening was filled with tradition, entertainment, and information.

Traditionally military gatherings begin with posting of the colors and the national anthem. This one was only slightly different in that all recited the pledge of allegiance (with the phrase under God). A fitting start to a program hosted by those who've vowed to support and defend the constitution of these United States. A moving moment that has become a tradition since Vietnam was the tribute to America's POW/MIAs explained by SMSgt Lynn Barlow.

The program allowed some of the members of Key Field to exhibit a portion of the creative talents within our military community. SSgts Engret Jenkins and Ahsaki Games did a fine job of guiding the program. The Baylor Family Gospel Singers, featuring MSgt Amy Chamberlin, provided some truly inspirational hymns. SSgt Carla Mayberry again showed her ability to belt out a tune.

The keynote address was delivered by Colonel William C. Lee, USAF, commander of Detachment 015 AFROTC at Tuskegee University. In true professor fashion Col Lee gave an information packed lecture. It covered hundreds of years and two continents tracing the rich tapestry of democracy, along the way weaving in the threads that led to the Niagara Movement, which was this year's theme. Col Lee showed how the Niagara Movement with its first bold statements calling for full integration of Blacks into American society was to pave the way for today's diverse military. He informed the nearly 200 persons in attendance that if tomorrow's Total Force is to remain the premier aerospace force then we must embrace and understand the diversity within our country. In closing his address he challenged today's leaders to educate and mentor future leaders.

Major General William Lutz, commander of the Mississippi Air National Guard was in attendance along with community leaders. He along with Colonel Erik Hearon wrapped up the evening with enlightening comments. Col Hearon presented Col Lee with two gifts from Key Field to end the evening.



Photos by SSgt Regina Davis